

5 What is claimed is:

1. A headset adapted to provide hands-free illumination for a wearer, comprising:
 - a pair of ear cups, each having a shell and at least one speaker within said shell, said shell having an opening for fitting adjacent an ear;
 - a band connecting said ear cups and adapted to fit over a wearer's head;
 - at least one wire connected at a first place to at least one of said speakers and at a second place to an adaptor, whereby electronic signals can be passed from said adaptor through said wire to said at least one of said speakers;
- 15 at least one light-emitting diode attached to a first of said ear cups, and at least one light-emitting diode attached to a second of said ear cups, said light-emitting diodes being directed so that they can illuminate an area generally along a direction the wearer is looking;
 - at least one switch attached to one of said ear cups;
 - a power source; and
- 20 conductors connecting said light-emitting diodes, said switch and said power source.

2. The headset of claim 1 wherein said power source is a battery attached inside one of said ear cups.

25 3. The headset of claim 1 wherein said power source is a hot outlet.

4. The headset of claim 1 wherein said light-emitting diodes include a first set of at least one light-emitting diode and a second set of at least one light-emitting diode, and said

5 switch includes an off position, a first on position permitting at least said first diode set to illuminate, and a second on position permitting at least said second diode set to illuminate.

5. The headset of claim 1 wherein said light-emitting diodes include a first set of one or more light-emitting diodes and a second set of one or more light-emitting diodes, and
10 said at least one switch includes a first switch controlling said first diode set, and a second switch controlling said second diode set.

6. The headset of claim 1 wherein each of said ear cups has a plurality of light-emitting diodes attached to said ear cups.

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7. The headset of claim 1, wherein said light-emitting diodes have an intensity of from about 1000 millicandelas to about 3000 millicandelas.

8. A kit for retrofitting a headset having ear cups for hands-free illumination,
20 comprising:

a length of wire, at least one switch, a plurality of light-emitting diodes, a battery holder, and a circuit diagram,

wherein said switch, said diodes, and said battery holder are adapted to be fitted on or in said headset, and wherein said wire, said switch, said diodes and said battery holder are
25 adapted to be connected to create a circuit according to said circuit diagram.

5 9. The kit of claim 8, further comprising a battery adapted to fit in said battery
holder.

10 10. The kit of claim 8, further comprising a drilling template indicating positions
for drilling holes, said drilling template adapted to be placed adjacent to said ear cups.

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11. 11. The kit of claim 8, wherein said plurality of light-emitting diodes includes at
least two white light-emitting diodes and two red light-emitting diodes.

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12. A method of fitting a headset having ear cups with hands-free illumination,

comprising:

drilling a first set of at least one hole in at least one of said ear cups, each of the holes
in said first set being of a size adapted to accommodate a light-emitting diode;

drilling a second set of at least one hole in at least one of said ear cups, each of the
holes in said second set being of a size adapted to accommodate a switch;

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installing at least one light-emitting diode in at least one of the holes in said first set;

installing at least one switch in at least one of the holes in said second set;

connecting one or more conductors between said at least one switch and said at least
one light-emitting diode;

providing a power source; and

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conductively connecting said power source to said at least one switch.

13. The method of claim 12, wherein said providing step includes attaching a battery holder in or on one of said ear cups.

14. The method of claim 12, wherein said providing step includes providing an opening in one of said ear cups, and providing a conductor adapted to be connected to a power source at a distance from said ear cup, and wherein said connecting step includes connecting said conductor through said opening to said at least one switch.